

### **Abstract of the Disclosure**

A bed includes a front frame having a front mattress mounted thereon, a rear frame having a rear mattress mounted thereon, a stretching mechanism and a legrest device. The stretching mechanism includes two handles mounted in front  
5 of the front frame for a user's gripping. The handles are movable along a longitudinal direction of the bed. The legrest device is mounted to the rear frame and movable relative to the rear frame along the longitudinal direction of the bed. The legrest positions the feet of the user. A first elastic element is attached between the rear frame and the legrest device. When a stretching force provided  
10 by the stretching mechanism imparted to the legrest device is greater than a pulling stress of the first elastic element, the first elastic element is pulled and thus moves the legrest device along the longitudinal direction relative to the rear frame.